



# Books for Parents and Caregivers

Just as it's important to read to or with your child, it's also important to review resources that will help you thrive in the most important job you'll ever have. Parenting doesn't come with instructions, but books like the ones below are wonderful guides on how to nurture and support your children effectively.

- ***Is My Child Ok?*** by Henry A. Paul, MD  
This book covers almost every issue that may come up over the years as a parent, from stealing and lying to fears and phobias. Is stuttering normal? What do you do if your child develops a school phobia or is an underachiever? *Is My Child Okay?* will help you cope with these issues and many more.
- ***American Academy of Pediatrics Guide to Your Child's Nutrition***  
From food safety and food allergies to eating disorders, the *American Academy of Pediatrics Guide to Your Child's Nutrition* will teach you just about everything you need to know about your child's nutrition. A comprehensive, but easy-to-read book, it even includes information on vitamins, vegetarian diets, and feeding your baby.
- ***The Nursing Mother's Companion*** by Kathleen Huggins  
This book provides help and support to breastfeeding moms.
- ***The Parent's Guide to Food Allergies*** by Marianne S. Barber  
*The Parent's Guide to Food Allergies* will help you to understand food allergies, including allergies to milk, eggs, wheat, and peanuts, etc., and how to identify hidden ingredients that might signal something your child is allergic to is in a food.
- ***The Parent's Little Book of Lists: Do's and Don'ts of Effective Parenting*** by Jane Bluestein. Tips for parenting all ages: Relationship building, skill building, understanding motivation and power struggles, parent self-care; all in easy-to-digest lists.
- ***Growing Up Again*** by Jean Illsley Clarke  
A deep, meaningful journey through many aspects of parenting that brings the reader closer to their childhood in a healing and empowering way. Includes many tools for healthy discipline and healthy family systems.



# Read to Grow



Sharing a book with your child is a great way to build a bond, increase your child's vocabulary and teach him or her a life-long love of reading. Kids as young as 6 months old can benefit from having a picture book regularly read to them. It's never too early to start!

Here is a selection of books for infants through middle schoolers. Your older child may not want to snuggle for bed time reading, but the two of you can read a book of his or her choice at the same time, and discuss it later.

## Picture Books - 6 months to 4 years

*Piggie Pie!* by Margie Palatini

*Pie in the Sky* by Lois Ehlert

*The Kissing Hand* by Audrey Penn

*Stagestruck* by Tomie dePaola

*The Gingerbread Man* by Eric A. Kimmel

*Hiccup* by Mercer Mayer

## Elementary Readers

*Junie B. Jones* by Barbara Park

*Chitty Chitty Bang Bang* by Ian Fleming

*Pippi Longstocking* by Astrid Lindgren

*Redwall* by Brian Jacques

*The Stolen Years* by Gloria Repp

*Love You Forever* by Robert Munsch

## Middle School Readers

*Shakespeare's Secret* by Elise Broach

*Esperanza Rising* by Pam Munoz Ryan

*Holes* by Louis Sachar

*The Ballad of Lucy Whipple* by Karen Cushman

*Number the Stars* by Lois Lowry

*Bud Not Buddy* by Christopher Paul Curtis

